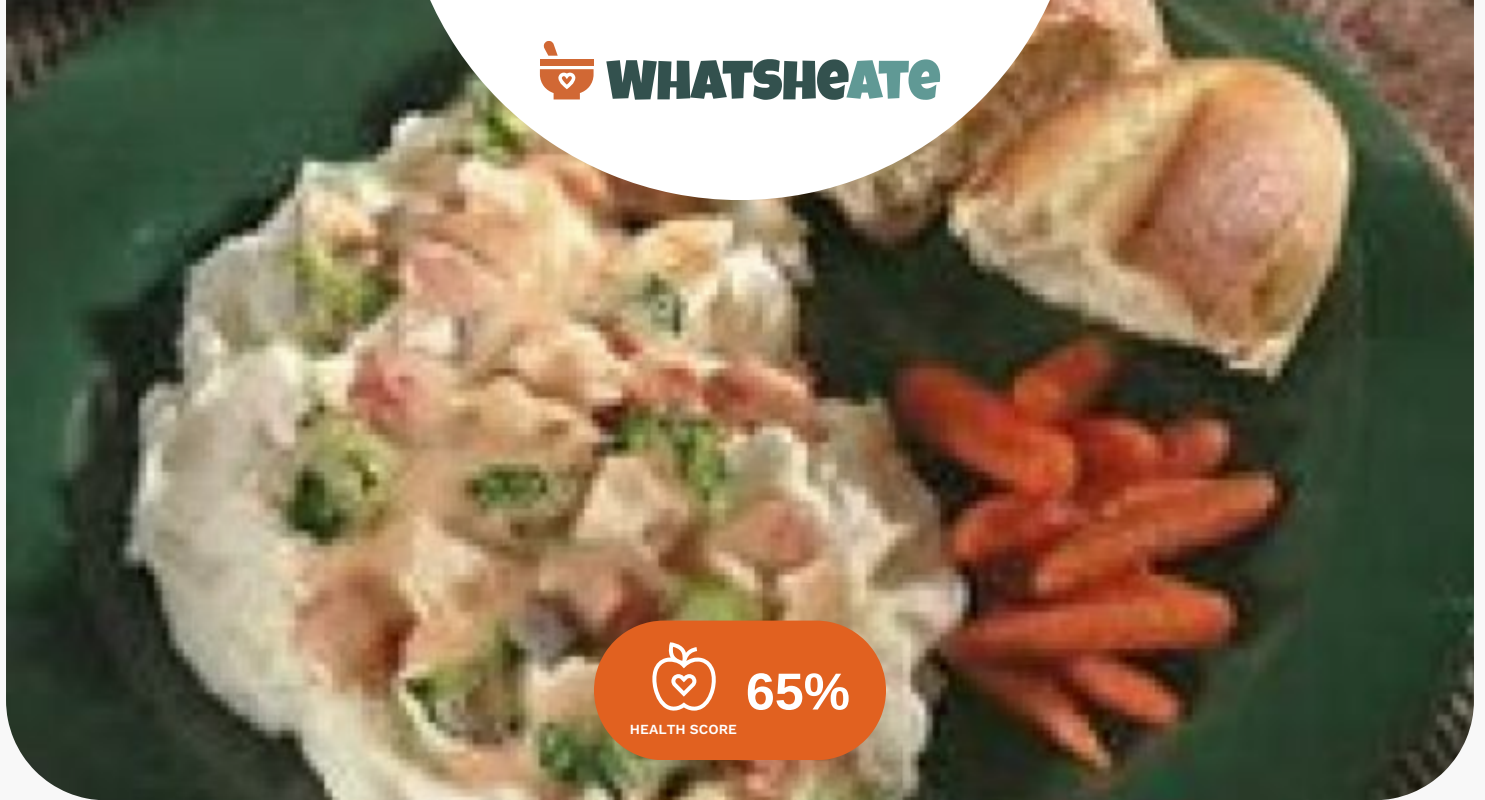


 65%
HEALTH SCORE

Potatoes Under Creamy Chicken



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup milk
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 0.5 lb roasted chicken diced cooked
- ☐ 9 oz broccoli frozen
- ☐ 14.5 oz canned tomatoes diced organic drained canned
- ☐ 4.7 oz roasted garlic mashed
- ☐ 1 serving potatoes for on potatoes pouch

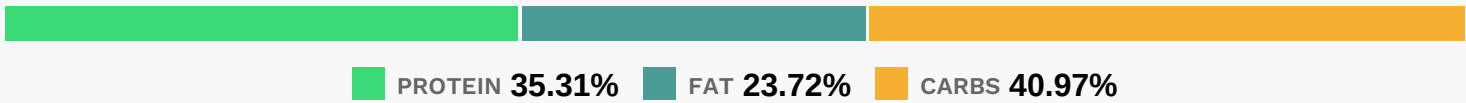
Equipment

☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat 1/2 cup milk and the soup to boiling, stirring frequently. Stir in chicken and broccoli.
- ☐ Reduce heat; cover and simmer about 5 minutes or until broccoli is tender. Stir in tomatoes.
- ☐ Make potatoes as directed on pouch, using water, milk and butter.
- ☐ Serve chicken mixture over potatoes.

Nutrition Facts



Properties

Glycemic Index:55.44, Glycemic Load:6.6, Inflammation Score:-8, Nutrition Score:26.309130575346%

Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 5.09mg, Kaempferol: 5.09mg, Kaempferol: 5.09mg, Kaempferol: 5.09mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 263.86kcal (13.19%), Fat: 7.25g (11.16%), Saturated Fat: 2.65g (16.57%), Carbohydrates: 28.18g (9.39%), Net Carbohydrates: 23.71g (8.62%), Sugar: 7.41g (8.23%), Cholesterol: 49.99mg (16.66%), Sodium: 756.68mg (32.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.59%), Vitamin C: 76.79mg (93.08%), Vitamin K: 71.17µg (67.78%), Manganese: 1.12mg (55.94%), Vitamin B6: 0.96mg (48.06%), Vitamin B3: 7.09mg (35.43%), Selenium: 21.47µg (30.67%), Phosphorus: 287.85mg (28.79%), Potassium: 908.89mg (25.97%), Copper: 0.5mg (25.21%), Iron: 3.59mg (19.94%), Vitamin B2: 0.34mg (19.76%), Zinc: 2.75mg (18.34%), Fiber: 4.47g (17.87%), Calcium: 172.61mg (17.26%), Vitamin B1: 0.26mg (17.11%), Vitamin B5: 1.66mg (16.6%), Magnesium: 63.23mg (15.81%), Folate: 62.75µg (15.69%), Vitamin A: 694IU (13.88%), Vitamin E: 1.82mg (12.16%), Vitamin B12: 0.45µg (7.52%), Vitamin D: 0.34µg (2.24%)